



"Slay The Day" Bulletproof Coffee Recipe

1 serving
10 minutes

Ingredients

1 cup Organic Coffee (Makes about 10 oz.)
1 tbsp Mct Oil Powder Or Mct Oil (Best to start with 1 tsp and build up to 1 Tbs.)
1 1/2 tbsps Grassfed Butter
1 tbsp Collagen Powder (optional)
1/2 tsp Cinnamon

Directions

- 1 Prepare coffee using your own preferred method.
- 2 Add grass fed butter, MCT Oil powder (Or MCT oil) and collagen, if using. Add any additional add-ins as well, (listed in the Notes section). Ideally mix this in a blender and pour, although an electric whisk works well in a pinch, but the coffee won't be quite as creamy.

Notes

Add-Ins: Optional boosts to both nutrition and flavor. Sweeteners: Pure Stevia (like Sweet Drops), Lankanto Monkfruit or Swerve (erythritol). Spices: Nutmeg, Pumpkin Pie, Cardamom, Turmeric. Four Sigmatic Chaga Mushroom Elixir is an incredible nutrition boost that also blends right in.